

## DYNAMIC FOOTSTOOL DEVICE

### Technical field

The following invention relates to the field of physical wellness products, in particular for the exercising of the lower extremities and joints (feet, legs, ankles and knees).

### Background art

It is known that remaining seated for long period of time, as required, for example, by office work, often causes problems to the lower extremities that present with a tingling sensation and in subjects that are prone, with aches and pains in the leg and calf, ankle swelling and other similar disorders.

In order to prevent such bothersome inconveniences, or to combat their effects, the only solution is to interrupt the seated activity and exercise a little in order to recover the normal activity of the interested limbs.

The advantage that can be obtained from a simple device that makes it possible to perform these activities from a seated position thus avoiding the abovementioned inconveniences without interrupting activity is, however, evident.

### Summary of the invention

This invention relates to a device, hereinafter referred to as "dynamic footstool" that makes it possible to keep the lower extremities and joints in movement, by means of mobile footrests fitted around a support.

### Description of the drawings

Fig. 1 illustrates a plan view of a device according to the invention;

Fig. 2 illustrates a prospective view of a device according to the invention;

Fig. 3 shows a particular embodiment of the present invention.

### Detailed description of the invention

As can be seen in Fig. 1, the dynamic footstool according to the invention consists of a base 10 where two footrests 11 are integrally joined thereto by means of joints 12.

- 5 The base 10 is a structure having any shape that allows it to rest firmly on the ground, such as an "H" shape.

If preferred, said base may be fitted with adjustable feet on the surface in contact with the ground that make it possible to raise or lower the base as necessary or alternatively with non-slip rubber pads.

- 10 The joints 12 are such as to ensure free rotation of the footrests 11 on a plane parallel to the plane containing the base 10 and, simultaneously, their inclination in relation to said plane, in all spatial directions. Said joints should preferably be ball-and-socket joints, but they may be replaced by other equivalent mechanical solutions (springs, articulated joints etc.). Said joints must however have a suitable size to ensure that the footrests 11 may tilt in the various directions without touching the base 10 or the ground and preferably they will be attached to the barycentre of the footrests 11.

- 15 The footrests 11 must be such as to allow for a comfortable resting of feet with shoes and can have a range of shapes in order to allow, for example, comfortable resting of high-heeled shoes (such as those in the case of women's footwear); moreover, on their upper surface a layer of a non-slip material may be provided.

According to a particular embodiment of this invention, said footrests are circular in shape.

According to a further particular embodiment of the invention, the footrests 11 consist of a solid body suitable for resting feet, which is hollow inside and in the cavity thereof a mobile mass that accentuates and accompanies the movement of the footrests themselves is provided.

5 If preferred, in this case the footrest 11 may have a bowl-shape, as shown in Fig. 3.

Said mobile mass may be, for example a liquid (such as water, viscous liquid, oil, etc.) or it may consist of a collection of small particles (small metal or marble spheres, etc., sand, plaster, etc.) or an admixture of both the abovementioned 10 solutions.

Very viscous oils are particularly preferred for composing the abovementioned mobile mass.

If preferred, the device according to the invention can present a single footrest 11, hinged to the base 10 by a joint 12 analogously to what described above, having 15 such dimensions as to consent the resting of one or both feet.

The device according to the invention can be manufactured using any material suitable to the purpose, the materials which allow to limit the weight of the devices without compromising its solidity (such as plastic, aluminium, etc.) will be obviously preferred.

20 The use of the device according to the invention is intuitive.

The user rests his/her feet on the rests 11 whilst continuing the activity performed in a seated position.

Even without paying voluntary attention, due to the simple composed effect of the intrinsic instability of the rests on the joints and small movements, which are also

performed whilst seated, the feet will be caused to move in the various directions allowed by the joints 12 and therefore the joints and the legs will be always gently moved, thus not only preventing the aforementioned bothersome disorders, but also stimulating circulation in the lower limbs and therefore substantially contributing to their tone and, consequentially, to the user's overall well-being.